present English translation. To the author, the various traits of the neurotic constitution appear as formulations of what he terms the "masculine protest." The causal factor in this protest, which can be made either by the male or the female, is a feeling of inferiority. A continual attempt is made by the neurotic to dispel this feeling by ordering every detail of his life so that he may find that subjective security of which the feeling of inferiority has robbed him. This compensatory product, this aggressive endeavour at every point to achieve the "maximation of his ego," foredoomed to failure because of its false direction, exhibits itself in its protean forms as the psychoneurosis or psychosis.

Dr. Adler differs from many other workers in the field of psychoanalysis in that he attempts to attribute this lowered self-esteem to a definite inferiority of some bodily organ, and thus to give a physical basis for his psychological theory. The evidence for this view has been offered in a previous work, "Studie über Minderwertigkeit von Organen," which is now being translated into English.

While welcoming this tendency to broaden the general explanatory basis of mental and nervous disorders of this type by an attempt to conceive physiological as well as psychological factors underlying them, one is inclined to think that Dr. Adler's addition of a second supporting pillar to his theoretical structure has been accompanied by an undue attenuation of the first. Freud has laid enormous stress upon the importance of the sex instinct in the production of the psychoneuroses: Adler, his former pupil, ascribes a similarly exclusive *rôle* to the instinct of self-assertion. The writings of Jung, on the other hand, allow of the interpretation that each and every one of the instincts in man may play its part in the causation and continuance of these disorders. To believe that both Adler and Freud have over-stated their cases is compatible with the opinion that a comparison of such views, too sharply focussed as they may be, will add to the physician's power for helping that unfortunate, all-too-human being, the neurotic.

FOOD AND HEALTH.

(1) *The Art of Health.* By Prof. J. Long. Pp. xi+192. (London: Chapman and Hall, Ltd., 1918.) Price 5*s.* net.

(2) *Cookery under Rations. Over* 200 *War-time Recipes.* By M. M. Mitchell. Pp. 65. (London: Longmans, Green, and Co., 1918.) Price 2*s.* net.

(1) THE author of this book is "persuaded that most of our bodily troubles and the diseases of the vital organs are the result of impurities which are produced or deposited in the system from the foods we consume." It is not surprising, therefore, that his advice to those who wish to maintain or recover health deals largely with matters of diet. In the fifteen chapters of which the work consists only three are devoted to matters other than food—namely, No. 10 on "Water," No. 11 on "Air," and No. 12 on "Climate and Temperature." Even water and air are claimed to be foods.

Two reasons are given for undertaking the work—namely, that the author has been a life student of the breeding and feeding of domestic animals, and that he has been led to study the nutrition of the human body by having suffered for a period of four years from a disorder of his own digestive organs, whereby he was reduced to a mental and physical wreck. In consequence, the public is treated to a dissertation on foods containing some useful maxims of a general nature, for the most part repeated several times throughout its pages. The chief points made are that insufficient attention is paid to the minerals and life in plants, also that too much meat is consumed. The author therefore recommends a diet almost entirely vegetarian, and lays special stress on the use of salads and raw fruits. For this a quaint reason reiterated many times is assigned—namely, that "they maintain a clean digestive track [*sic*] throughout the entire system." Nevertheless, the best section of the book is that which deals with salads. It would be even more useful if detailed recipes had been given. Prof. Long would in no circumstances allow entrails to be eaten, and believes that all kinds of meat cause a craving for drink, both non-intoxicating and intoxicating, whereas vegetables have not this effect. He recommends a vegetable and fruit diet for the cure of inebriates, also for cancer and tuberculosis. Cane-sugar is likewise strongly condemned owing to its "high property of fermentation." Nevertheless, the ration of this sugar which he allows would nowadays be considered very liberal—namely, 2 to 5 oz. per day, according to age and constitution.

It is admitted that there are possible objections to vegetarianism—namely, bulkiness of the food, possible irritation caused by a high proportion of indigestible residue, and the difficulty of obtaining sufficient nitrogen to cover wear-and-tear.

A considerable number of mis-statements are to be found, some of which appear to be based on misconceptions. Thus "heat and energy" is an expression which frequently occurs. It is stated on p. 67 that "the liver, kidneys, lungs, pancreas, stomach, and intestines consist of muscular tissue to which more or less fat is attached." The word "ilium" is used instead of "ileum" for the third section of the small intestine. Fat is said to produce heat at more than twice the *rate* of the carbohydrates. The loss entailed by boiling vegetables is, as a rule, placed too high. Parsnips (p. 35) are said to lose more than one-half of the total digestible food they contain; and in a more detailed statement (p. 40) the nutritive matter is said to be reduced by boiling: in the parsnip from 15 to 3½ per cent.; in the carrot from 10 to 4 per cent.; in the turnip from 6 to 1½ per cent.; in the beet from 11 to 3½ per cent.; and in the potato 20 per cent. Probably the author means that a reduction of the nutritive matter takes place, varying in the parsnip from 15 to 3½ per cent., and

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so with the others. But the statement is not clear, and, taken with that on p. 35, is calculated to give a wrong impression.

The whole of the useful information in the book could without difficulty be given in a pamphlet one-tenth its size. No index is provided; had it been, the amount of needless repetition would have been made evident at a glance.

(2) For some time after the introduction of rations housewives found it difficult to adapt their cookery to the new conditions. The recipes compiled by Miss Mitchell are intended to help in this matter, and are well adapted to do so. After some useful points on economy in the use of fuel and in making the most of fat in cooking, the recipes proper are given in detail. These are grouped into recipes for (1) meat dishes, more than forty in number; (2) vegetables and sundries, seventeen in number; (3) other meatless dishes, numbering no fewer than sixty; (4) soups, ten; (5) fish, eighteen; (6) sauces, eight; (7) salads, seven; (8) pastry and batters, eleven; (9) puddings and sweets, thirteen; (10) bread and cakes, thirteen; (11) preserves, fifteen.

A mere list does not, however, convey an adequate idea of the value of the book. The recipes are all carefully selected by a writer having practical experience of her subject, and are in most cases excellent.

OUR BOOKSHELF.

Applied Bacteriology: Studies and Reviews of some Present-day Problems for the Laboratory Worker, the Clinician, and the Administrator. Edited by Dr. C. H. Browning. Pp. xvi + 291. (London: H. Frowde and Hodder and Stoughton, 1918.) Price 7*s.* 6*d.* net.

THIS book comprises an account of research work on bacteriological subjects by Dr. Browning and co-workers, carried out partly in the Pathological Department of the University and Western Infirmary, Glasgow, and partly in the Bland Sutton Institute of Pathology of the Middlesex Hospital. Much of the matter included has already appeared in the form of separate published papers, but these have been added to and extended.

Dr. Browning contributes an introduction on the scope of applied bacteriology, in which he emphasises that the best results can be attained only by highly trained and experienced workers who have a large part of their time free for original research. Then follow the series of papers the subjects of which include the diagnosis of "enterica" infections (typhoid and paratyphoid fevers and dysentery) by bacteriological and serological methods, by Drs. Browning, Mackie, and Thornton; the use of calibrated pipettes in serological work, by Dr. Browning; observations on the diphtheria group of organisms and on the isolation of *B. diphtheriae* by means of a medium containing telluric acid, by Dr. J. F. Smith; studies on antiseptics, with special reference to selective inhibitory action, by Drs. Browning, Gilmour, and Gulbrausen, in which the action of the flavines and other aniline dyes is considered; and the use of ultra-violet radiations as a means of discriminating between, and of isolating, certain micro-organisms, by Drs. Browning and Russ. The final paper is a summary of what is known about tetanus, by Dr. Browning. This subject is of so much importance in connection with the war that this epitome is very welcome.

Being largely a reprint of research work, the value of this volume can scarcely be appraised at present, but it may be said that much of the matter forms a notable contribution to the advancement of bacteriological science. R. T. H.

Veterinary Post-Mortem Technic. By Prof. W. J. Crocker. Pp. xiv + 233. (Philadelphia and London: J. B. Lippincott Co., 1918.) Price 16*s.* net.

A BOOK of this type has long been needed to fill a gap in veterinary literature. So far as we are aware, there has previously been no work detailing in a systematic manner the making of post-mortem examinations on the lower animals, and, consequently, reports of autopsies have been lacking in uniformity, and often the most important features have been omitted or insufficiently emphasised owing to the lack of system. Prof. Crocker's book will go far to remedy that state of affairs, and should be in the hands of all students and most practitioners of veterinary pathology. As might be expected, there are several minor points with which we are not in entire agreement. For example, it is suggested that in the case of a small animal suspected of rabies the head severed from the body as close to the trunk as possible should be dispatched to the laboratory for examination. In our opinion it would be far better to send the whole body without mutilation—the extra weight of a small animal is of no importance. The author recommends the use of Müller's fluid for preserving tissues; it would have been better if the formula had been included. He also recommends the use of slat platforms to be used on the floor of the autopsy room. Wood, however, is not an ideal material for use under these conditions, owing to the difficulty of disinfection, which can be properly carried out only by burning, thus causing continual expense. With regard to the examination of the various organs, we are of opinion that insufficient attention is paid to the examination of the various lymphatic glands, which are of paramount importance in post-mortem examinations in numerous affections.

As a whole the book has been written in a very clear and lucid manner, and there is little fault to find with it. The photographic illustrations of the various methods of procedure are excellent.

Common Beetles and Spiders, and How to Identify Them. By S. N. Sedgwick. Pp. 62. (London: Charles H. Kelly, n.d.) Price 1*s.* 6*d.* net.

IN this little volume the author treats, in a style necessarily sketchy and incomplete, of some com-

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